

Town of Niagara-on-the-Lake

COMMUNITY AWARENESS

*Your guide to leisure
activities in
Niagara-on-the-Lake*



SPRING and
SUMMER
2010





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COMMUNITY AWARENESS

*Spring & Summer
2010*

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Town's Website www.notl.org

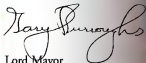
Council agendas general Town information including frequently asked questions is available on the Town's website at www.notl.org

Please call us for all your recreation, sports, arts and culture needs or visit the Parks & Recreation section of the Town's web site www.notl.org

The Community Awareness Guide is published twice yearly. The next issue of the Guide will be the Fall & Winter issue to be distributed in late August. If your group or organization is interested in submitting information for the Fall & Winter issue, contact the Parks & Recreation Department at 905-468-4261 prior to June 1, 2010

Message from the Lord Mayor

On behalf of Town Council and Staff, I am pleased to present the 2010 Spring/Summer Community Awareness Guide. Once again this year, we want to share with residents the many services and activities provided here in Niagara-on-the-Lake. I'm sure you will agree that for a community our size, there are a range of programs and events for people of all ages. Whether you are a parent, an active senior, or simply have an interest in sports, leisure, arts and culture or our rich historical heritage – it's all here. You will also find helpful contact information for churches, organizations and services from the area. Please take some time to review the guide and mark your calendar with dates for the great things happening in Niagara-on-the-Lake this year.



Lord Mayor
Gary Burroughs



TOWN COUNCIL 2006 - 2010 Gary Burroughs, Lord Mayor

COUNCILLORS

Jim Collard
Dennis Dick
Terry Flynn
Andrea Kaiser

Jack Lowrey
Martin Mazza
Art Viola
Gary Zalepa Jr.

Niagara-on-the-Lake's elected officials welcome public input. For times and locations of public meetings or to reach a specific Councillor, please call the Niagara-on-the-Lake Municipal Offices at 905-468-3266 or visit www.notl.org.



Our New Community Centre is scheduled to open in March 2011

**We are here to ask for your help in raising the
mandated \$450,000 for the new centre**

It is with our Community's participation and the financial support of local business that important fund-raisers such as this one has been successful. Help us achieve this goal by hosting a fund-raiser, donating proceeds from a function or giving generously. *Every donation makes a difference*

Your contribution will be appreciated by thousands of our youth and the young-at-heart for years to come!

All donations will be publicly acknowledged and charitable receipts will be issued over \$25.

If you'd like a Committee member to present at an up-and-coming meeting or make a donation contact:
Parks and Recreation at 905-468-4261.

Thank you

John Wiens

Chairman - New Community Centre Fund Raising Committee

Bringing positive change to our community



AMENITIES

Indoor Walking/Jogging Track
Fitness Area
Change Rooms with Showers
Multi Purpose Auditorium/Banquet Hall
 (Banquet Seating for 300 - Meeting space for 480)
Raised Stage (suitable for seminars and recitals)
Pre-School Room
Youth Room
Seniors' Room
Café Attached to Library
Outdoor Walking Trail
Outdoor Courtyard
Artificial Bowling Green
Outdoor Playground, and an
On-Site Community Centre Co-ordinator

Arts & Crafts
Badminton
Cadets
Carpet Bowling
Continuing Education
Croquet
Dance & Aerobics
Pre-School Care
Physical Fitness
Room Rentals for parties
Seniors' Drop-In
Table Tennis
Tai Chi
Teen Activities
Yoga
and much more



COMMUNITY FACILITIES

To reserve any of the community facilities contact the Parks & Recreation Office, by phone at 905-468-4261, by fax 905-468-4555, or email lkulchar@nord.org. Our office is open Monday to Friday, 8:30 AM to 12:00 Noon and 1:00 PM to 4:30 PM.

ARENAS

The Parks & Recreation Department operates both the Centennial Arena and the Meridian Credit Union Arena located in the Centennial SportsPark at 1565/1567 Four Mile Creek Road. Ice is available from early September through the first week of April. Arena floors are available for rent during the summer months for such activities as shows, dances and ball hockey.

BALL DIAMONDS

Three lit ball diamonds are located at the Centennial SportsPark in Virgil and one lit ball diamond is located at Memorial Park on King Street in Niagara-on-the-Lake. These diamonds can be reserved on a seasonal or spot booking basis.



COMMUNITY CENTRES & HALLS

The Department has hall space available for rent in three locations, the Community Centre on Plattoff Street, the Queenston Library and the Court House. At the Court House, the Grand Hall and John Drope Hall are available mid October to Mid March.

GAZEBO

The Gazebo at Queen's Royal Park can be reserved for weddings. Contact the Recreation Office at 905-468-4261 for booking details.

PARKS

A source of pride in our community are the many beautifully maintained parks. They are available to the public at no charge. No reservations are accepted at our parks, however facilities within the parks (soccer fields, ball diamonds, etc) can be reserved by calling the Parks & Recreation office at 905-468-4261.

PAVILIONS

Two pavilions are available to reserve, one is located at Memorial Park and the other is situated at the Centennial Sportsfield in Virgil.

POOLS

Two outdoor pools are located in Niagara-on-the-Lake, one is in Memorial Park on King Street and the other is at the St. Davids Lions Park on York Road. Memorial Park Pool 905-468-2804 (seasonal) St. Davids Pool 905-262-5120 (seasonal)

SKATEBOARD PARK

A skateboard park is located at the Centennial SportsPark in Virgil. The facility is available for everyone to enjoy from dawn to dusk. The use of protective equipment is strongly recommended.



SOCCER FIELDS

The Parks & Recreation Department maintains four soccer fields at Memorial Park (2 regulation size and 2 mini fields) and one soccer field at Rye Heritage Park and four mini fields at the SportsPark in Virgil.

TENNIS COURTS

The Recreation Department maintains tennis courts at the following locations: Memorial Park, Rye Heritage Park, Garrison Village Green Park, St. Davids Lions Park and Virgil Centennial Park. All asphalt courts are available at no charge.

The omnicourt surfaced courts are available by either hourly rental fees or annual membership. Pay as you play fees are \$11.00 per hour per court and annual memberships which includes a key and shoe tags are:

Junior-Under 18 as of January 1, 2010	\$ 35.00
Adults-Single	\$ 75.00
Family (includes children under 18)	\$ 95.00
Non Resident	Add \$ 20.00

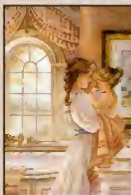
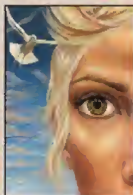
Memberships can be purchased at the Parks & Recreation Office Monday to Friday during office hours starting Monday May 3, 2010

VOLLEYBALL COURT

An outdoor volleyball court is available at no charge at An outdoor volleyball court is available at no charge at Memorial Park. The court can be used on a first come first serve basis but we ask that if a group is waiting, use is restricted to one hour in length. A volleyball can be borrowed from the pool office (deposit required).



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from Queen Street, Niagara-on-the-Lake
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WADING POOL

Situated in Simcoe Park the wading pool is available from mid June to September.



Session 2 - Tuesday August 3 - Friday August 20 (Niagara Pool Only)

SEMI PRIVATE AND PRIVATE LESSONS

These lessons offer 6 classes of instruction; 1/2 hour in length. Instructors are assigned by the pool supervisor and lessons are set up at mutually agreed upon times. Semi private lessons are conducted with 2 or 3 swimmers per group.

LESSONS: All fees include the cost of badge and report card.

Group Youth & Preschool	\$50.00
Family Maximum (Group Lessons only)	\$125.00
Semi Private	\$75.00
Private	\$150.00
Advanced (Rookie, Ranger Star, Bronze Star)	\$60.00

*Plus applicable taxes

POOL FEES

SEASON TICKET: Can be used at either pool.

Buy a pass and save!

Youth (6 17 years)	\$42.86
& Seniors	\$47.62
Adults	\$85.72
Family	\$ 9.52
Guest (1 week)	

*Plus applicable taxes

GENERAL ADMISSION:

Youth/Seniors:	\$ 2.00
Adults:	\$ 2.50

AQUATIC PROGRAMS

Niagara Pool 905-468-2804
(seasonal)

St. Davids Pool 905-262-5120
(seasonal)

Niagara Pool will open for pre season lessons and limited adult and public swimming sessions Saturday, June 12th. Regular pool schedules begin at both pools Saturday, June 26th through Labour Day weekend. Lesson registration will be held at the Arena meeting room Saturday May 29 from 9:00 AM - 11:00 AM.

**ADULT FITNESS
NIAGARA POOL**

Enjoy fitness programs every Tuesday and Thursday 7:30 PM to 8:30 PM offered in July and August. Cost is \$3.00 per session.

YOUTH GROUP LESSONS

Two sets of lessons will be offered at Niagara Pool and session 1 lessons will be offered at St. Davids Pool. Lessons are weekdays from Tuesday through Friday. Session 1 - Tuesday July 6 - Friday July 23; (both Niagara & St. Davids Pools)

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**(PARTIAL) PRE SEASON SCHEDULE AT NIAGARA
POOL ONLY SATURDAY JUNE 12th UNTIL
FRIDAY JUNE 25th**

SATURDAY & SUNDAY

Public Swim 1:00 PM to 4:00 PM
Lane Swim 5:00 PM to 6:00 PM
Public Swim 6:00 PM to 7:30 PM

MONDAY TO FRIDAY

Lane Swim 5:00 PM to 6:00 PM
Public Swim 6:00 PM to 7:30 PM

**REGULAR POOL SCHEDULE BEGINS AT BOTH
POOLS - SATURDAY JUNE 26th**

SATURDAY & SUNDAY

Lane Swim 12:00 PM to 1:00 PM
Public Swim 1:00 PM to 4:00 PM
Family Swim 4:00 PM to 6:00 PM
Public Swim 6:00 PM to 7:30 PM

MONDAY TO FRIDAY

Lesson 9:00 AM to 12:00 Noon
Swim Team Tues./Wed./Thurs. 12:00 PM to 1:00 PM.
Public Swim 1:00 PM to 4:00 PM Niagara Pool
1:30 PM to 3:30 PM St. Davids Pool *
Instruction 4:00 PM to 5:00 PM
Lane Swim 5:00 PM to 6:00 PM
Public Swim 6:00 PM to 7:30 PM

*Note new public swim times for St. Davids Pool
Last day St. Davids Pool Friday September 3, 2010
Last day Niagara Pool Monday September 6, 2010



Niagara & St. Davids

SWIMMING

SWIM TEAM

Niagara and St. Davids Pools operate a combined competitive swim team the Electrifying Eels. We are a competitive summer swim team for swimmers of all ages and abilities. Participant must be able to swim 1 length of the pool unassisted. Practices are Tuesday, Wednesday and Thursday, 12:00 noon to 1:00 PM at both Niagara and St. Davids Pools.

There are approx. 5 meets throughout the summer all held Saturday mornings. Cost is \$70.00 + tax per swimmer. Parent volunteers are required at practices and at all meets. Further information regarding swim team will be available on registration day.

Please note: This is NOT a swimming lesson; focus is to enhance swimming skills already acquired.

ADVANCED CLASSES

Bronze Medallion, Bronze Cross, CPR / First Aid, course will be offered in June 11-13, 18-20, if there is sufficient interest. 100% attendance (30 hrs) is required for course completion. For information and registration please contact Vi Mills at 905-468-7776 or Cathy Mills at 905-468-2242.



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Jan, Diane, Cathy & Carrie

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SPORTS PROGRAMS

ADULT RECREATIONAL SLO PITCH LEAGUE

Masters (Men over 35) Tuesday and Thursday, Coed Wednesday and Monday
Ken McKay, 905-680-4544,
kmckay13@gmail.com
All teams or individuals are welcome.

BADMINTON - LADIES

Looking for lots of laughs and exercise?
Come and join us Wednesdays and
Fridays 1:00 PM - 3:00 PM at the
Community Centre on Plattoff St. Free
Parking. For information contact
Yvonne Playle at 905-468-4893. Only
one more year with a low ceiling!

CROQUET

The Niagara-on-the-Lake Croquet Club
plays croquet between May and the end
of September twice weekly. Games are
held at the Lawn Bowling facility which
is located at the corner of Johnson and
Regent Streets, behind the Court
House. For more information call
Pamela Wilson 905-468-0808.

DRIVING RANGES

Niagara Sports Practice Centre
330 Eastchester 905-685-0553
Seaway Driving Range
120 Lakeshore Rd. 905-937-8788
Eagle Valley Driving Range
2334 St Paul Ave. 905-374-2110

GOLF COURSES

Eagle Valley Golf Club
2334 St. Paul Ave. 905-374-2110

Heritage Woods Golf Course
1140 Airport Road..... 905-685-9204
Niagara-on-the-Lake Golf Club
143 Front Street 905-468-3271
Peach Trees Executive Golf
221 Niven Road..... 905-468-1811
Queenston Golf Club
269 Progressive Ave. 905-262-4528
Royal Niagara
1 Niagara-on-the-Green 905-685-3909
St. Davids Golf Club
22 Paxton Lane 905-262-4522



THUNDERHAWKS MINOR BOX LACROSSE

Box lacrosse is offered for
boys and girls ages 4-18.
The 2010 season begins in
April and finishes at the
beginning of August. League
play and practices are all
weekdays (no weekends).
Practices and home games
are at the Centennial and

MCU arenas in Virgil. Away games are played throughout
the Niagara Region. Four hour volunteer time or \$75.00
required per player. Registration is Saturday February 20,
2010 from 9am-1pm in the lobby of the Centennial Arena
in Virgil. Come play the fastest game on two feet!



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Minor Field Lacrosse*

Jr. Paperweight (20 sessions)	
'06-'07	\$ 75.00
Paperweight '04-'05	\$125.00
Tyke-Intermediate	
1993-2002	\$225.00
Girls	\$160.00
Family of 3 or more	\$525.00

For further information contact
registrar, Kathy Weier at
weier@talkwireless.ca

**THUNDERHAWKS
MINOR FIELD LACROSSE**
Practices are weeknights to coincide

with box so you can play both field and box! Games are 1-day tournament format (2 games on one day) for 4 consecutive weekends with semi-final and championship tournament weekends following those regular season weekends. Season runs from the first week in April until the last weekend in May. Cost is \$135.00. Registration is Saturday February 20, 2010 from 9am-1pm in the lobby of the Centennial Arena in Virgil. For further information contact registrar, Kathy Weier at weier@talkwireless.ca

15608 niagara parkway
niagara-on-the-lake



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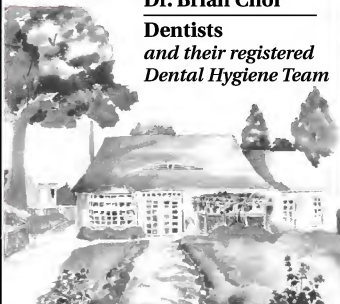
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Dr. Brian Choi**

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NIAGARA THUNDERHAWKS JR. B LACROSSE



In 2003, the Niagara Thunderhawks Jr. B Lacrosse team was formed to meet a growing need for Junior Lacrosse in our area. Based on the rich history of their predecessors (Warriors) the program continues to produce quality lacrosse players. Come on out and enjoy "the fastest game on two feet"

Sponsorship opportunities available.

Team contact: Al Janzen – President – 905-468-5814

janzen@niagara.com

HOME GAMES: 2010 SCHEDULE – MCU ARENA

DATE	TIME	OPPONENT
Saturday, May 1st	7:00pm	Six Nations
Thursday, May 6th	7:30pm	Spartans
Thursday, May 8th	7:00pm	Windsor
Saturday, May 15th	7:00pm	Owen Sound
Thursday, May 27th	8:00pm	Oakville
Saturday, May 29th	7:00pm	Orangeville
Saturday, June 5th	7:30pm	Hamilton
Thursday, June 10th	7:30pm	Wendland
Saturday, June 12th	7:00pm	London
Thursday, June 17th	7:30pm	Spartans

LAWN BOWLING

FINAL YEAR for the Niagara-on-the-Lake Lawn Bowling Club at its present location behind the Angel Inn on Regent Street. Opening Day with its ceremonial parade led by a piper and the Lord Mayor bowling the first bowl is Saturday, 8th May 2010.

Open House will be held every Saturday at 2.00 pm throughout May and June to allow interested people to try the game. Just bring a pair of flat-soled shoes and we will provide bowls and gentle instruction. Regular Bowling is at 2.00 pm Monday, Wednesday and Saturday and Tuesday at 6.30 pm. July and August bowling on Monday and Wednesday moves to 6.30 pm to avoid the heat of the day.

NEW THIS SEASON – to enable people to learn the game



Lawn Bowling



before we move to our BRAND NEW facility at the new Community Centre, we are offering Bowling instruction one evening a week. The Club offers a great social ambience with BBQ's each month and lots of friendly members. For further information call Dave Newman 905-468-4598 or Heather Pettit 905-468-9236 or email rpettit@sympatico.ca.

NIAGARA-ON-THE-LAKE CRUSHERS FLAG RUGBY

Co-ed, fast paced, non-contact action. For boys and girls ages 5 to 15. Season is from mid-May to mid-August. Registration is on-going from February to April.

Contact: Caleb Smith 905-357-9233 or
caleb_s51@hotmail.com • www.niagaraflagrugby.com

NOTL MINOR SOFTBALL



2010 minor softball executive President Pete Flynn, Vice President Timm Casson, Secretary Kelly Penner, Treasurer Dawn Gula, Registrar Lisa Burland, Communications Jeff Vyse, Equipment Manager Brian Berg, Convenor John Read. Registration for softball will take place on SATURDAY FEBRUARY 20th 2010 AT VIRGIL ARENA 9am - 3pm. Ages will range from 1994 to 2004 that is little league to bantam, also new this year will be travel select teams in tyke, squirt, pee wee, bantam. Our softball phone # is 289 686 5404 call leave message and Tim Casson will call you back promptly or e-mail notlsoftball@gmail.com. You can also e-mail Pete Flynn atoflynn16@yahoo.com. NOTL softball looks forward to another great summer in 2010 lots of new things planned clinics pitching machine and travel teams look forward to seeing you on the diamond. Play Ball!

NOTL MINOR SOCCER

Please join us this season and play a great team sport!

Our emphasis is on enhancing the enjoyment of soccer through skill development and fair play. A Code of conduct will be signed by player, parent and coach in an effort to ensure that respect for all involved in the game is realized.

Final Registration will be held at Centennial Arena on Saturday Feb. 20th 2010, 9:00am to 1:00pm. Please note that spaces cannot be guaranteed after that date.



You may also find it convenient to drop off a completed registration form to the Parks and Recreation office at the Centennial Arena, Monday to Friday 8:30 am to 12:00 noon and 1:00 pm to 4:30 pm. Blank forms can be picked up there or from our website at www.notlsoccer.org.

Those registering for House League (born in 2000 to 2005) or Interlock (born in 1996 to 1999) after March 31st will be subject to a late fee of \$40 and will have their children placed on a waiting list.

The last day to register for Peanuts (born in 2007 or 2006) is April 30, 2010 after April 30, 2010 there will be a late fee of \$20. The Peanut league starts on Saturday June 5, 2010 and plays for one hour on Saturday mornings as an introduction to soccer - fun being the focus. House League is played Saturday mornings. Minor Atom (born in 2000 or 2001) will play at Memorial Park and all other divisions, Peanuts, Minor Squirt and Major Squirt (born in 2002 to 2007) will play at the Virgil arena fields. House League practices are held once per week at a NOTL field to be determined by the coach. Interlock League (born in 1996 to 1999) will play one night during the week (to be determined amongst other clubs by the end of May) and will have one practice per week at a NOTL field to be determined by the coach.

House League and Interlock will have an indoor kick-off session on Saturday May 8th at the Virgil arena. The season begins with an exhibition period beginning Saturday May 15th through to Saturday May 29th. We will have a fun tournament at the Virgil Stampede. On Saturday May 22nd Minor Squirt, Major Squirts and Minor Atom will play

(born in 2002 to 2005). On Monday May 24th Major Atom and Youth will play (born in 1996 to 2001). Please note that in an effort to create balanced house league teams the soccer club will not address particular requests for teams, coaches or practice locations (with exception to sponsors and the head coach's own children). The regular season for House League starts on Saturday June 5, 2010.



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Soccer Club

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Niagara-on-the-Lake, Ontario L0S 1J0

Tel: 905-468-0081

Fax: 905-468-0087

rjwandrews@bellnet.ca

Fees are as follows:

Peanuts (born 2006-2007) \$ 90
 House League co-ed
 (born 2000-2005)..... \$130
 Interlock Youth co-ed
 (born 1996-1999) \$130
 Recreational Travel (Boys and Girls
 League –
 ages to be determined) \$175
 Family Rate: discount of 20% per child
 for 3 or more children will be refunded
 upon request.

All registrants receive a full uniform
 (shirt, shorts, socks), a soccer ball and a
 free team and individual photo.

If you are interested in sponsoring a
 team, joining our Board or require
 further information please email the
 Soccer Club at info@notlsoccer.org

Email Contacts:

president@notlsoccer.org

[Petra Halbgebauer](mailto:Petra.Halbgebauer@notlsoccer.org)

registrar@notlsoccer.org

[Bob Tebbutt](mailto:Bob.Tebbutt@notlsoccer.org)

houseleague@notlsoccer.org

[Christina Galanis](mailto:Christina.Galanis@notlsoccer.org)

treasurer@notlsoccer.org

Cort Day



**NIAGARA-ON-THE-LAKE
 TENNIS ASSOCIATION
 1970 – 2010**

This is a banner season for Tennis in
 Niagara-on-the-Lake as we are celebrat-
 ing the 40th anniversary of the club.
 Since 1970, a dedicated group of vol-
 unteers has been working with the
 Town to promote and develop the
 sport of Tennis in our community.
 Our four omni-surface courts are locat-
 ed in Memorial Park and are open to all
 residents of Niagara-on-the-Lake in
 return for a modest user fee which
 helps the Town and the Club to main-
 tain the facility and provide programs.
 Membership registration will take place
 on Saturday April 24 and Saturday
 May 1 (11:00 - 1:00) at the Memorial
 Park pavilion. Fees may also be paid at
 the Recreation Office. All members

receive a key to the courts. Information
 about club activities is posted on the
 bulletin board in the pavilion during
 the season, or may be obtained by call-
 ing Rosemary Goodwin 905-468 5503.
 Membership information is also avail-
 able from Janice Schachtschneider
 905-468-7230).

Tennis is a great sport for all ages and
 abilities. We are pleased to have the
 support of Shawna Macfarlane as a
 certified teaching professional who has
 been introducing newcomers to tennis
 for over 25 years. She offers lessons
 and clinics that make it fun to learn the

game. Among our members are players
 who started the game in their 40s, their
 50s or their 60s. With over 200 adult
 members, it's not hard to find others of
 your age and experience level.

An extensive Junior Program is bring-
 ing the sport of Tennis to a new gen-
 eration in Niagara-on-the-Lake. Check
 out the details which are shown in a
 separate section of this Guide.

We are delighted to be joining the
 larger Tennis community this season
 by becoming a member of the Ontario
 Tennis Association. Instructor and
 leadership training is a significant ben-



SNAPPER

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¹All power levels are stated horsepower per SAE J1940 as rated by Briggs & Stratton.

www.snapper.com

efit already, and we look forward to staging a series of promotional events on May 22-24 at the Virgil Stampede and in Memorial Park.

A number of tournaments will be held at intervals throughout the season, providing fun and competition for all. Regular playing events are scheduled each week and special activities are organized by and for the members whenever there is an opportunity.

Come and join us ... a warm welcome awaits you!



NOTL JUNIOR TENNIS PROGRAM - Memorial Park
Goal: Junior players will develop their skills as well as a life-long passion for tennis. Progressive Quick Start Tennis is used. The racquet size, type of balls and even the height of the net is adapted for less experienced kids for instant success!

MAY: Early Bird Spring Session

*New - Tues. May 4, 11, 18 & 25

Thurs. May 6, 13, 20, 27 Sun May 9, 16, 23, 30

Register for 1, 2 or 3 days a week, one hr lessons

1 Day a week for 4 weeks: \$50 (4 lessons)

2 Days a week for 4 weeks: \$90 (8 lessons)

3 days a week for 4 weeks: \$120 (12 lessons)

Junior Smashers: 4-6 yrs (includes new players)

Tues. and/or Thurs. - 4 pm and/or Sunday 10 am

Super Smashers: 6-10 yrs and Junior Team: 9-14 yrs

Tues. and/or Thurs. 5 pm and/or Sunday 11 am

JUNE: After School One Hour Lessons

Tues. June 8, 15, 22, 29 Thurs. June 3, 10, 17, 24

Sun. June 6, 13, 20, 27

Fees and lesson times are the same as in May

JULY and AUGUST: Summer Camp Programs

Camp Weeks: July 5, 12, 19, 26 August 2, 9, 16, 23. Special events, club tournaments, end of program party \$40 per week.

*Register for any 4 weeks and get the last week of camp free!

Classes will be held Mon. through Thurs. with a Fri. Rain Date Junior Smashers: 4pm, Super Smashers and Junior Team: 5 pm

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***New - TEAM TENNIS** every Sun, May & June 12-1:30

All players will be assigned a team, play games and earn prizes! FREE to those registered 3 days a week in May & June or registered in a 4 week camp session in July or Aug. This is not a lesson. Sign up for just team tennis, 8 weeks and pay \$75. Junior players who are members of the club pay \$40. Summer Team Tennis-date & time TBA.

Registration: Feb. 20 & March 13, 10am-3pm Virgil Arena Sat. May 1, 11am-2pm, Memorial Park Tennis Courts
Registration Forms can be picked up and dropped off at the Arena. For further information, contact Charlene Juras: 905-262-5355 charlene.juras@sympatico.ca
Directed by Shawna Macfarlane addintennis@gmail.com

SOCCER CAMP

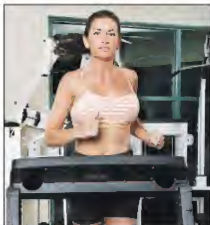
Sure Shot Soccer Camps provide a fun skill development program for kids ranging in age from 5-14. Held at the beautiful facilities at Memorial Park in the old town, the program provides a wealth of soccer and sport related activities designed to allow each player to develop skill and confidence while competing at their own level. Part of the daily program also allows the kids the opportunity to swim and enjoy the pool facilities at Memorial. The program runs July 5-9 and July 9-16 from 9:00 AM -4:00 PM. Join the many other happy campers who have enjoyed this fun camp!! Register early to avoid disappointment. Cost of the camp is \$150.00 per week. For more information contact Ken Lamb 905-262-0032, or email klambchops@cogeco.ca

**FITNESS PROGRAMS****ACTIVITY**

Spring Session of classes will commence on March 29th at the Community Centre, Platoff Street in Niagara-on-the-Lake. The hour long class includes low impact aerobics, flexibility and strength training exercises. These sessions will be held Mondays and Thursdays from 9:00 to 10:00 a.m. for 8 weeks. Please call Lynn Hunter-Hope at 905-688-9311 to register.

AEROBICS WITHOUT BOUNCE

A total body workout that utilizes every part of your body without jarring and straining your joints allowing you to get in shape quickly and safely. Ball, small weights and band exercises will be incorporated. Starting Feb 1, Mondays and Thursdays for 10 weeks, 7:00 PM – 8:00 PM at Niagara District Secondary School. Great way to get fit and have fun. To Register, please call 905-468-3293 ext. 4011.

**BALANCE FITNESS STUDIO**

A co-ed fitness studio at our 7400 square foot newly renovated location with state of the art cardio and weight equipment, along with 35 hours of fitness classes ranging from pilates, yoga

and spin to aerobics and body sculpting there is something for everyone. Let Balance help you achieve your healthiest year yet, with our personal trainers, nutritional consulting, massage and physiotherapy. We are also pleased to announce our "8 Week Challenge" is lightening up Southern Ontario one challenge at a time. If you would like further information please visit our website at www.8weekchallenge.ca. Let us help you surpass your goals for 2010. Please contact us at 905-468-5007 or visit our website at www.BalanceFitnessStudio.ca or stop in for a tour at 504 Line 2, just off Highway 55.

CURVES**NIAGARA-ON THE LAKE**

Curves provides you with a complete cardio and strength training workout in just 30 minutes, 3 x per week. With a system that can burn up to 500 calories and work every major muscle group, you get an efficient and effective workout every visit. Its no wonder over 4 million women have chosen Curves to meet their goals. Our new state-of-the-art personalized coaching system, Curves Smart, gives you moment by moment feedback, so you wont only find motivation, you'll keep it. Learn more about Curves Smart and see live testimonials from members at www.curves.com. Why pay a weekly fee to lose weight. Curves introduces our NEW weight loss solution for the entire community. Non-members welcome. The best part is, that its FREE. To book a FREE one on one consultation with Linda, call 905-468-9900 or join our free monthly group classes. Whether you're ready to start losing weight, need to boost your metabolism, or just want to learn more about healthy eating, Curves is your solution. To learn more check out Curves website at www.curves.com. To find out when the next class will be held, call 905 468-9900 or drop by our NEW, more spacious Curves location at 358 Mary Street, NOTL.

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Office Hours

Monday to Friday 8:30am- 5pm
 Saturday 9am- 1pm

FIFTY PLUS FITNESS

Classes are held Mondays and Thursdays from 9:15 AM to 10:15 AM at Bethany Mennonite Church gym, 1572 East West Line, Virgil. One complimentary class! For more information call Eva 905-356-2721.

FITNESS FOR WOMEN OVER 60

This program is held every Tuesday and Thursday from 9:00 AM to 10:00 AM at the Queenston Library. 10 week sessions are held continuously during the school year. For information please phone the instructor, Dagmar, at 905-356-5372.

TAI CHI**AUTUMN LEAF 24 FORM**

This simplified 24 Form Tai Chi is the official tai chi form in China. This Form is characterized by its upright stance, broad open positions, graceful lines and a smooth even pace of movement. It was created by the great tai chi masters with emphasis on exercise and not martial arts to improve the general health of the population in China. Performed by young and old alike to maintain and promote strength, flexibility, balance and health, this simplified 24 Form is the most popular tai chi form worldwide. Join our Autumn Leaf group for instruction and practice every Monday from 1:15 to 2:45 p.m. at the Community Centre on Plattoff Street. For more information, please ring Jean Bullock at 905-468-9034 or Instructor Molly Yinlei Yep at 905-262-0366.

**TAOIST TAI CHI SOCIETY OF CANADA****CELEBRATING 40 YEARS**

Taoist Tai Chi ® internal arts and methods is a system to improve health. It includes taichiquan, a gentle yet powerful health improving art, taught by accredited volunteer instructors of the International Taoist Tai Chi Society. As a member of this registered charitable organization, you can take classes at any registered Taoist Tai Chi facility in the world and receive the same instruction there as you would in



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your home class. You can also take advantage of both daytime and evening classes offered in all of the 4 locations of the Niagara Branch. Weekly Saturday classes for health recovery is available in St. Catharines for members with special needs. The accredited instructors are specially trained for this program by our medical staff at our Orangeville International Centre facility. All of the instructors are dedicated to furthering their own education and understanding of this ancient Chinese art as taught by its founder Master Moy Lin-Shin. We welcome all who wish to observe a class for the following programs at the NOTL Community Centre: 4 month Beginner Classes start the first Wednesday of every month 6:30 PM to 8:00 PM. 6 week Introductory classes are offered Wednesdays 11:45 AM to 12:45 PM. For further information call in NOTL 905-468-1223, St. Catharines 905-935-7583, Niagara Falls, 905-374-7718

TAI CHI- WHITE WING GROUP

This friendly group of people meet each Wednesday and Friday morning from 10:00 AM to 11:30 AM at the

Community Centre on Platoff Street. If you are familiar with this ancient Chinese art and enjoy the health benefits, we welcome you to join us for practice. For additional information, call Diana Hepburn at 905-468-3836 or Maura Parks at 905-468-4694.

TAI CHI CLASSES VIRGIL

Taught by Nancy Elkin, registered physiotherapist, certified Tai Chi instructor. Improve balance, posture and co-ordination. Fun atmosphere. Learn the essence of tai chi and chi kung. Promote better health. Contact Nancy Elkin at 905-704-4454 or elkin@vaccine.com

YOGA FOR YOU!

Take time out for yourself! Enjoy Hatha Yoga classes in NOTL. This class is designed with you in mind! Each yoga position can be modified to suit your needs. By taking yoga classes you will gently tone and strengthen your body, as well as increase your flexibility and range of motion. You will stimulate your concentration and awareness and improve your co-ordination and balance. Find your inner peace! Join us

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for an eight week session, or drop in for a class. For Information, place and times call Rachel Burrows 905-468-9683.



YOGA NIAGARA

Wednesday evenings, Gentle and Intermediate classes held in the Queenston Library, corner building of Queenston street and Dumfries Street. For more information, visit www.yoganiagara.ca or call 905-932-YOGA(9642)

YOGA WITH YVONNE

An exploration of the basic yoga postures, developing awareness of the breath, the body and our connection with the ground. A gentle approach to yoga, suitable for beginners and people over 50. For information call Yvonne Rahn at 905-468-YOGA. 905-468-9642

SENIORS

COMMUNITY SUPPORT SERVICES OF NIAGARA

Spring Session of classes will commence on March 29th at the Community Centre, Plattoff Street in Niagara-on-the-Lake. The hour long class includes low impact aerobics, flexibility and strength training exercises. These sessions will be held Mondays and Thursdays from 9:00 to 10:00 a.m. for 8 weeks. Please call Lynn Hunter-Hope at 905-688-9311 to register.

Providing services for both seniors and adults with disabilities to help them live at home.

To request services or volunteer call 905-682-3800.

Volunteer Visiting – Volunteers visit with seniors and adults with disabilities in their home to provide friendship, conversation and enjoy other activities which could include cards, crafts etc.

Phone Chat – Volunteers make short telephone calls on a regular basis to check on the senior's well being.

Homemaking – Regular cleaning, laundry and housekeeping support. Reasonable fee charged.

Home Maintenance – Brokered workers provide home main-

tenance, grass cutting, snow shoveling, spring cleaning etc. Workers charge a reasonable fee for their services.

Home to Stay – Hospital patients who are discharged and have no assistance at home can be picked up by a Home to Stay worker, who also helps them get settled in their home. Hospitals arrange the service.

MEALS ON WHEELS

Meals on Wheels is a non-profit volunteer service providing home delivery of hot and/or frozen nutritious, well balanced meals to senior citizens, convalescents and physically or mentally-challenged persons. Frozen meals (\$5.25 ea) are selected by clients from a five week cycle of menus, and are delivered each Tuesday afternoon. Hot meals (\$5.00 ea) are prepared at the Greater Niagara General Hospital and are delivered Monday to Friday over the noon hour. Clients do not have to receive delivery every day, but the schedule must be for the same days each week. Personal contact and a check on the well being of the client are also an invaluable part of the service. For further information call 905-356-9194.

NIAGARA-ON-THE-LAKE GOLDEN AGE CLUB

The Niagara-on-the-Lake Golden Age Club was inaugurated in 1967 to provide recreational facilities for persons 50 years and over. The Club is open every Tuesday from 10:00 AM to 5:00 PM at the Community Centre, Plattoff Street. Euchre begins at 1:30 PM. Arrangements can be made for chess, bridge, cribbage or cards of your choice. Arrangements can also be made for Table Tennis from 10:00 AM to 12:00 noon (contact John or Jean at 905-468-0089). Drop in for a friendly conversation and refreshments. Luncheons (pot luck or catered) and day trips are also offered. The annual membership fee is \$10.00. A great way to make new friends and transportation can be arranged. For information contact President Lois Cranston at 905-468-3171 or 1st Vice President Lois Wormsbecher at 905-468-1892

PLEASANT MANOR RETIREMENT VILLAGE

Pleasant Manor Retirement Village provides the community of Niagara-on-the-Lake and surrounding areas with a continuum of quality care for our seniors. While Pleasant Manor serves seniors from a variety of backgrounds, its philosophy of operation is based on the Christian and ethnic principles unique to the Mennonite beliefs and ethnicity. For more information, contact Pleasant Manor at 905-468-1111.

ST. DAVIDS/QUEENSTON SENIOR CITIZENS CLUB

The St. Davids & Queenston Senior Citizen's Club meet every second and fourth Tuesday of every month from September to June at the St. Davids Lions Club Hall. All seniors welcome. For information contact Ernie Goodyear, President, at 905-262-4696.

ULYSSEAN SOCIETY

NIAGARA-ON-THE-LAKE CHAPTER

This is a banner year for the Ulyssean Society as they celebrate their 25th Anniversary Year of creative living. The Society provides men and women in the middle and later years with opportunities to participate in stimulating cultural and educational programs. These programs are directed towards "continuing growth in their powers to produce, to

learn and create to the very end of life's journey". Speakers' topics vary on any subject from music and history, protection from identity theft and astronomy, etc. An Annual Scholarship is given to a Grade 12 student from NDSS who has made the most improvement in studies. Special Interest Activities include a weekly Spanish Conversation Group and a French Conversation Group. New Interest Groups will form according to suggestions.

Rounding out the year are three special events - the Christmas luncheon, the June Outing to explore some place of local interest, and a Dinner with the Toronto Ulyssean Society who arrive by bus to attend a Shaw matinee. This year our 25th year celebrations culminate with the Toronto Chapter sharing in our Anniversary celebratory program. Meetings are held the 4th Wednesday of the month except July, August, and December in the Towne Square of Upper Canada Lodge, with refreshments at 7:00; meetings starts at 7:30. For further information contact Jack Challis at 905-468-2817 or Margaret Ferguson at 905-934-3860.



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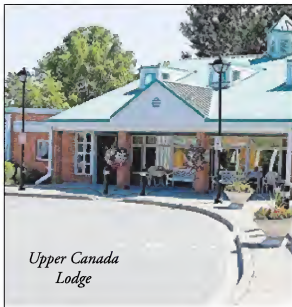
UPPER CANADA LODGE

An 80 Bed Long Term Care facility located at 272 Wellington St, Niagara-on-the-Lake, nestled on the corner of the Historic Commons next to the Shaw Festival Theatre. Please call today for a personalized tour during normal business hours of Monday-Friday 8:30 AM – 4:30 PM 905-468-4208. If you wish more information about our Long-Term Care facilities or the Community Support programs call toll free 1-877-212-3922 For information on admission to long-term care facilities and short respite, please call Community Care Access Centre (CCAC Niagara) at 905-684-9441 or 1-800-263-5480 or web site: <http://www.ccac-onr.ca> or http://www.niagararegion.ca/living/seniors/upper_canada_lodge.aspx

SENIORS COMMUNITY PROGRAMS

If you are a senior, or if you know of seniors struggling with their independence, or perhaps if you are trying to support an aging parent or spouse at home, then you need to know about Seniors Community Programs. We work with you to assess your needs and develop a sustainable plan that provides the support you require. For information, please contact us at 905-984-2621 or 1-877-212-3922, ext. 3859.

Upper Canada Lodge operates an Adult Day service in Niagara on the Lake that supports the older adult living at home by providing respite service during the day. Contact the number above or 905-468-4208 ext 4464 and speak to the Day Program Coordinator.



*Upper Canada
Lodge*

VOLUNTEER OPPORTUNITIES AT UPPER CANADA LODGE

The Upper Canada Lodge Auxiliary would like to welcome adults in the community who are willing to give their support, time and talents to our Lodge and its Residents. Volunteers assist in bringing additional comforts to the residents and enhance and improve the quality of their lives. If you wish to join the auxiliary or want to find out more infor-



mation about other volunteer activities please contact the Resident and Community Programs Manager Dave Bauer at 905-468-4208 ext 4460, or email at dave.bauer@niagararegion.ca Bus trips and socials, special events, crafts, reading, pet visitors and friendly visiting are just a few of the opportunities. We are always to invite Volunteer performers and piano players as well. Please call 905-468-4208 ext 4460 for details.

MUSIC/DANCE OPPORTUNITIES

BALLET

The Dingman-Nagy School of Ballet Arts offers Cecchetti Ballet technique classes for Beginners to Advanced, ages 3 years and up. Students prepare for Cecchetti Ballet exams and various dance festivals. Pointe classes, modern and contemporary classes are also offered. A summer program will be offered in July. Adult ballet classes are held on Tuesday mornings for those interested in studying ballet as a form of exercise. All classes are taught by Lisan Dingman-Nagy, Teacher of classical ballet since 1984. Classes are held in the professionally equipped dance studio located at 260 Tanbark Road, St.Davids, rear entrance off of Queenston Rd. (Corner of York Rd. and Queenston Rd) Recital in May. For further information and Summer or Fall registration, please call Lisan Dingman-Nagy, B.F.A. L.I.S.T.D. (C.S.B.) at 905-262-5655.

THE BEEHIVE



T H E B * E * E * H * I * V * E * This year we celebrate twenty years of coolness in Niagara (1990 - 2010) The Beehive is your award winning, big fun, high energy autonomous artsie-fartsie DIY youth culture focus group. You know us as the producers of "PEACE IN THE PARK" - those wonderful free summer outdoor concerts held in Simcoe Park, in downtown Niagara-on-the-Lake. After two decades of service we continue to walk our own path to excellence, pay our own way

summer outdoor concerts held in Simcoe Park, in downtown Niagara-on-the-Lake. After two decades of service we continue to walk our own path to excellence, pay our own way

and thus, call our own shots. All good hearted youth (age 14 to old enough to be going off to College) are welcomed to join us to imagine, promote, perform and then display their talents for all the world to see. We aspire to reach out to include young citizens to work with us to realize our dreams of a Niagara bountifully rich in original live music, forever agile from inspiring art for many years to come. We work hard & happily today to make sweet memories for tomorrow because we know, better than anyone else that **WITHOUT KIDS, THERE IS NO COMMUNITY.** So If you are a musician, technician, artist or poet solo performer, in a band or have some great ideas. Bring it on, we can dig it, The Beehive Youth Executive meets every Thursday from 7 pm at Tim Hortons to plan our events. If you can help us

or if we can help you give us a call: Roddy Heading Bumblebee CEO rheading@becon.org 905-468-3928, Matt Alvarez, Director of Absurd Affairs fluidart@hotmail.com

CELLO LESSONS

Students of all ages and levels are welcome, including adult beginners. Lessons available in your own home. A professional cellist for over thirty years, Helen Kopec has performed with many orchestras and chamber music ensembles, including the Chamber Players of Toronto, the Calgary Philharmonic, the Atlanta Symphony, the Amadeus String Quartet and the Shaw Festival orchestra. For more information, call 905-468-7329, or e-mail helenkopec@sympatico.ca

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CLASSICAL BALLET

Ilona's School of Dance offers Vaganova/Russian ballet technique classes from 7 and up. Students have a choice to take Canadian National exams. We also offer Tap, and for adults Ballet-cercise. Pre-Ballet Creative from 3 to 6 years. There is a year-end Recital. All classes are taught by Ilona Newton, Full Member of C.D.T.A. who has been teaching for 27 years. Located in NOTL. Please call 905-468-0947.

MUSIC NIAGARA

Vivaldi overlooking the vineyards; jazz under the stars: this summer, don't miss Music Niagara, NOTL's own musical festival, July 17 – August 14, 2010. You can celebrate the classics with birthday boys Chopin, Schumann, and his circle; swing to the jazz of Dick Hyman, Paul Pacanowski and the Hognestad Jazz Trio; explore the music of many countries and cultures with Brett Polegato, Simon Wynberg, the Metis Fiddler Quartet, and more, from morning til midnight during our 12th season at our 34 great concerts. Not only do we bring the world to your backyard, we show the talent in our backyard to the world, featuring local favourites like John Sherwood, Doug Mundy, and Maria Shantz as well as national and international talent, this year numbering over 70 renowned performers, in intimate, stunning Niagara venues from wonderful wineries to historic churches to bistro terraces. This season, enjoy enhanced features at many concerts including dramatic readings, dance, and pre-concert talks, as well as the opportunity to enjoy wine, lunch or refreshments at our popular Music and Wine, Reif with Music, Twelve O'Clock Jump and JAZZafterPLAY series. Brilliant instrumentalists, engaging ensembles, extraordinary vocalists, terrific tango, and the stars of tomorrow: we put music in the air in Niagara. Join us for virtuosos at exceptional value. Tickets: \$15-\$45. www.musicniagara.org or 1-800-511-7429.

**MUSIC FOR YOUNG CHILDREN**

"We provide the best quality music education to young children by blending the pleasure and joy of music making with sound instruction". MYC Mission Statement
Give your child/grandchild the gift that keeps on giving by enrolling her/him in MYC music classes. Music for Young Children is a program for children ages 3 to 9 in small groups with parent participation. It includes singing, rhythm ensembles, theory, composing and piano instruction. There are also the options of a broad-based multifaceted music program for adults, and a Sunrise program for 2 and 3 – year olds, based on rhythm games, songs and craft activities. The music studio is located at 415 Nassau St., NOTL, and is run by Kathy Rempel, BA (music, psychology), BEEd, MYCC. For further information call Kathy Rempel at 905-468-3829, or email jkrempel@vaxxine.com

MUSIC STUDIO OF LISA COSENS BRILLON

Lisa Cosens Brillon, B. Mus., M. Mus., M. Mus., teaches private singing lessons to students of all ages. She is a member of the Ontario Registered Music Teachers Association and has 35 years of teaching experience. Instruction in classical singing, musical theatre, preparation for Royal Conservatory examinations and the Kiwanis Music Festivals. Students of the music studio participate in workshops and recitals. For further information please call Lisa Brillon at 905-262-4610 or email brillon@pppoe.ca

NIAGARA STAR SINGERS

The Niagara Star Singers are a semi-professional show choir made up of 10 -12 teenage girls who sing and dance performing at events and functions. Membership is by audition. Contact Lisa Brillon at info@niagarastarsingers.com for more information. www.niagarastarsingers.com

PIANO & THEORY LESSONS

For Students of all ages and grades up to advanced level. Ross Rahn, B.A., ARCT, R.M.T. has European and Canadian training, teaching and performing experience. Preparation for Royal Conservatory examinations and festivals/competitions. Facilities at 620 Simcoe Street, N.O.T.L. include two grand pianos. For further information call 905-468-9642

PRIVATE PIANO LESSONS

Private Piano Lessons available in NOTL, Old Town given by Stephanie Braet. Miss Braet is a member of the Ontario Registered Music Teachers Association and has a Bachelor's Degree in Music Performance from the University of Toronto. She can teach beginners, intermediate and advanced lessons for all ages. Stephanie specializes in multiply areas; often teaching retired or mature adults and extremely young students in learning to read popular tunes right from scratch or preparing grade school and high school students for Royal Conservatory Exams and Kiwanis Music Festivals. She dedicates her time and teaching to adapt to every student. Please feel free to call 905-346-3544 or email stephaniebraet@hotmail.com for information.





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QUEENSTON LADIES CHOIR

A community choir for women who love to sing! We rehearse weekly at the Queenston Library on Tuesday evenings from September - May. The choir performs a Christmas and Spring concert. Proceeds from these concerts go to local charities and the Queenston Ladies Choir Music Scholarship fund. Please call Lisa Brillion, Conductor, at 905-262-4610 if you are interested in becoming a member.

THE EVERGREEN SINGERS OF NIAGARA

We are a mixed chorus in NOTL. We sing for seniors, community groups and for fund raisers. We practice Mondays 1:30p.m. to 3:30p.m. from September through May at Grace United Church, Victoria Street, NOTL. New members always welcome. For information call Adolf Miecznikowski at 905-468-8491.

CHILDREN'S PROGRAM**ADVENTURE SPORTS CAMP AT WHITE OAKS**

Camp runs weekly in July and August. Children ages 8 - 14 enjoy learning racquet sports, play cool games and swim. Runs Mondays through Fridays 9am - 4pm. Call Matt Easingwood at 905-688-6800 ext. 5255 or email measingwood@whiteoaksresort.com for all the details and pricing.

AIR CADETS

The Niagara-on-the-Lake Air Cadet Squadron is 809 Newark Squadron. It meets at the Community Centre on Platoff Street on Monday nights from 6:30 PM to 9:00 PM from September to June (holidays excepted). Air Cadets participate in flying, gliding, summer camps, leadership and citizenship training, drill competitions and much more. The program is designed for boys and girls between the ages of 12 and 18. If you are interested in one of Canada's best youth programs check it out on the web at www.aircadetleague.com and www.cadetscanada.org, call the Squadron at the Community Centre on Monday nights at 905-468-7584; or

contact Scott Ruttan anytime by email at nruttan@hotmail.com or by phone at 905-468-0824 or 905-468-9735.

**BOYS & GIRLS CLUB OF NIAGARA
KIDS ZONE PROGRAM**

The Kids Zone after school program is designed for children 6-12 years of age. This program encourages physical activity, develop social and leadership skills and character through participation in a wide variety of activities. Activities include gymnasium and sports activities, arts, computer activities, games and educational clubs. Program operates September 14, 2009 to June 18, 2010.

Parliament Oak Public School, 325 King Street, Tuesday & Friday 6:00 PM - 8:00 PM

Contact information: 905-937-1072

boysandgirlsacsrst@bellnet.ca

JUNIOR SUMMER CAMPS

Eagle Valley Golf Club - 5 day workshop with golf pro John Piccolo. 4 afternoons of instruction with driving range practice and final day tournament with instruction.

For ages 6-13 July 12th - 16th, July 19th - 23rd, July 26th - 30th, Aug. 9th - 13th, Aug. 16th - 20th. Call for more information 905-374-2110

MAPLE LEAF MONTESSORI SCHOOL, N.O.T.L.

Maple Leaf Montessori School, is situated in Parliament Oak Public School, 325 King Street, N.O.T.L. Our school provides an ideal, peaceful environment for our half-day and full-day programmes. The programmes offered at MLMS have evolved from Dr. Maria Montessori's detailed observations of children at work and play. Our fully equipped Montessori classrooms are designed to provide a familiar home-like environment for the children. Toddler Programme for children 18 months to 3 years, Teacher/Student Ratio 1:5; Casa Programme for children 27 months



*Queenston
Ladies
Choir*

to 6 years, Teacher/Student Ratio 1:8. For further information or registration package, please call Sharon Gleave at 905-468-1057.

MONTESSORI IN THE HOME

Montessori In The Home Consulting gives parents suggestions for introducing a Montessori approach at home that compliments with a Montessori school environment. Giving parents the education and support to view another way of seeing what may enhance decisions related to child development.

Montessori In The Home Consulting offers parents creative principles for redesigning aspects of their home, for approaching the child with new kinds of tasks and challenges, for discipline, and general understanding.

Parents can follow simple everyday suggestions for Montessori in the home, encouraging independence, self-confidence, reasonable freedom of choice, consistency, orderliness, and responsibility. For more information, please contact Sharon Gleave 905 468-1057.

NIAGARA GERMAN SCHOOL

Has been offering children's language

classes for over 30 years. Classes are held at Niagara District Secondary School, in NOTL. Classes start first week in September and go through until last week of April. German and non German speakers are welcome. Classes run every Tuesday evening, 5:30 PM - 7:30 PM at Niagara District S.S. Ages of the children are JK- Grade 8. Children learn to speak and read German through songs, games, videos, crafts, and reading. The classes are run by the DSN. Exposure to German introduces children to

European language sounds which will aid them in their future studies of French, and other languages. Family outings planned for the coming year are Happy Rolf's Bird Sanctuary, St. Jacobs's Sockyards and Market, Lego Land, St. Jacobs, Christkindlmarkt/Skating in Kitchener, and our Candlelight Stroll. The classes are held at Niagara District S.S at the moment. If the school closes please contact 905 468 7158 for the new location information. Come join the fun. Contact E. Mikolajewski 905-468-7158.



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NIAGARA NURSERY SCHOOL

Niagara Nursery School is a parent run co-operative program which has been offering quality early childhood education in Niagara On The Lake for over 35 years. Niagara Nursery School Boasts a spacious and carefully conceived classroom with learning centres that are closely monitored by the attending duty parents and our ECE certified teacher. Enjoy with your child his/her first school experience in a co-operative atmosphere. Our classes are capped at 16 students allowing for a low adult to child ratio thus ensuring that each child receives the attention and assistance required to enhance his/her learning experience. We run 2 morning programs for children ages 27 months to 3 years of age and an afternoon program for children in JK/SK. We also offer a lunch program for children in JK/SK. Please check us out on the web at www.niagaranurseryschool.ca or call 905-468-5357. We accept students throughout the year. We will be having our Open House on Thursday February 18 from 5:00 - 7:00 p.m. We will be holding our Spring Fair on Saturday April 3, 2010.

NIAGARA REGION PUBLIC HEALTH SCHOOL HEALTH PROGRAM

Every elementary and secondary school within Niagara has a school nurse assigned to it. Niagara Region Public Health's School Health. Program was created to promote optimal health among Niagara's youth. Each school nurse can be contacted directly through your child's school or Public Health at 905-688-8248. The Elementary program can be reached at ext. 7379 and the Secondary program at ext. 7156. To learn more about our programming and services, please visit www.niagararegion.ca

SMART-CATS SUMMER CAMP

Smart-Cats Summer Camp is located in Parliament Oak Public School and operates for the months of June, July & August. The camp is available to children from 2 1/2 - 6

years. Each week we will experience a different adventure and theme. We venture into our historic community with outdoor physical activities as well as a weekly excursion to places of interest within our beautiful town. Smart-Cats Summer Camp will help your child have an exciting and fun-filled summer as well as offering a stimulating learning environment. For further information please call Sharon Gleave at 905-468-1057

EVERYONE'S A WINNER AT... WINNERS DAY CAMPS!

Winners Day Camps is proud to announce 20 years of running camps in the Ottawa area and its seventh year in Niagara.

Camp Location: Kinsmen Scout Hall, 430 King Street, Niagara-on-the-Lake. March Break Camp: March 15 - 19, 2010 Summer Camp: July 5 - August 27, 2010 Monday to Friday, 9:00 AM - 4:00 PM. Pre Camp: 8:00 - 9:00 AM Post Camp: 4:00 - 5:00 PM.

Winners' is an outstanding program for all children aged 3 to 12. Tots Program: 3 - 5 year olds. Junior Program: 6 - 7 year olds. Intermediate Program: 8 - 9 year olds. Senior Program: 10 - 12 year olds.

Half & Full Day Programs available. At Winners Day Camps, there are no losers. Everybody wins! Jennifer Caughill, B.Ed., M.Sc., B.PHE., and her core staff of qualified teachers offer this exciting and beneficial program. Children participate in a choice of: cooperative games, sports, arts and crafts, drama, floor hockey, soccer, dodge ball, musical experiences, circle games and much more, all in an active, positive and upbeat environment. Throughout the summer campers enjoy weekly themes, special events & water fun. Winners Day Camps focus on fun! For more information or to register call Jennifer Caughill: 905-468-9408. Web Site: winnersdaycamps.ca



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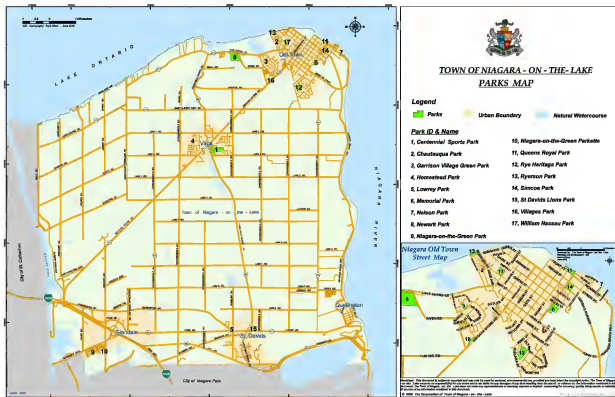
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HEALTH

ALZHEIMER SOCIETY OF NIAGARA REGION

The mission of the Alzheimer Society of Niagara Region is to improve the quality of life for people with Alzheimer's disease and related dementias and their caregivers.

For further information on programs and services or how you can get involved in volunteering or fundraising events, please call (905) 687-3914 or visit www.alzheimerniagara.ca.
Programs and Services: • Family Support Program • The Therapeutic Living Centre • Caregiver Café • Caregiver Education Series • Crisis Management • Training for professionals • Advocacy • Volunteer Programs • Virtual Dementia Tours • Caregiver Support Groups • Early Stage Support Groups • Environmental Assessments • Assistive Devices • Lending Library • Friendly Visiting • Transportation Program • Safely Home Program

THE ARTHRITIS SOCIETY

Join us in the fight to help the nearly 4.5 million Canadians living with arthritis. Go to www.arthritis.ca

ALCOHOLICS ANONYMOUS-LAKE GROUP

Alcoholics Anonymous is a world wide organization offering help to men and women with a desire to stop drinking. The Group meets every Thursday evening at 8:00 PM at St. Marks Addison Hall, 41 Byron Street. Please call 905-682-2140 for additional meeting dates and locations in the area.

CANADIAN CANCER SOCIETY

The Canadian Cancer Society is a national, community based organization of volunteers. Its mission is to eradicate cancer and enhance the quality of life of people living with cancer. Volunteer efforts include organizing cancer awareness and fundraising events, collecting donations, supporting

advocacy campaigns and providing programs and services. Dedicated volunteers operate at all levels to help run this efficient nation wide organization by providing time, skills and/or services. The Niagara-on-the-Lake branch invites community residents to participate in this worthy cause. For information or to volunteer, please call the Niagara Unit Office at 905-684-6455 ext 3150 or email Niagara@ontario.cancer.ca

Golf for a Cure – 11th Annual Tournament Canadian Cancer Society - NOTL Branch. Wednesday, June 2, 2010 NOTL Golf Club. Contact: Neil Viola 905-468-3272, Michael Skiba 905-354-1611

NIAGARA-ON-THE-LAKE HOSPITAL AUXILIARY

Welcomes new volunteers. We are involved in patient care such as assisting in Physiotherapy Foot care, Brighten your day programmes. We are very active in fund raising for the benefit of our patients. Meetings are held at the Hospital on the 3rd Thursday of each month. For more information call 905-468-8531 or 905-468-4230

NIAGARA-ON-THE-LAKE COMMUNITY PALLIATIVE CARE

Our community-based organization offers seriously-ill residents of Niagara-on-the-Lake and their families a variety of services that include visiting volunteers who provide emotional and spiritual support, friendship, and compassionate listening; a wide variety of equipment; a lending library of books, DVD's, CD's, and audio and video cassettes; phone bereavement and bereavement support groups; and a studio apartment for out-of-town family members of our clients to stay in. All we do is in strict confidentiality and is free-of-charge. For more information call Terry Mactaggart 905-468-4433. notpc@bellnet.ca. FAX 905-468-7149.





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Niagara Region

Commonly Called Numbers

Career Opportunities

myHR Employee Service Centre:
905-685-6947

Freedom of Information

**Freedom of Information
Coordinator:** 905-685-4225
ext. 3741

Information and Privacy Analyst:
905-685-4225 ext. 3273

- Municipal Freedom of Information and Protection of Privacy Act and Personal Health Information Protection Act requests

Niagara Specialized Transit

905-680-2052 or 1-866-487-7765
ext. 231 or 244
Teletypewriter for hearing impaired
(TTY): 905-984-3613 or
1-866-913-3444

Waste Management

Info-Line: 905-356-4141 or
1-800-594-5542

- Information on garbage, Blue/Grey Box recycling, Green Bin, leaf and yard waste, landfills, household hazardous waste, environment days

Water and Wastewater

Info-Line: 905-984-3624

- disposal of RV septic waste, industrial sewer use, sewage hauler questions, plant and pump station complaints (noise or odour), water taste or odour concerns, plant tours, spills to sewers

Development Services

905-685-4225 or 1-800-263-7215
ext. 3371

- Regional Policy Plan amendment applications, connections to Regional services, private sewage system permits

Transportation Services

24-Hour Dispatch 905-984-3690 or
1-877-552-5579

- report problems with all traffic signals
- on Regional roads, report issues with traffic signs, roads, catch

basins, dead animal removal, graffiti on Regional property
• report tree limbs down, fallen trees across the road or sidewalk, and general tree maintenance

Provincial Offences Court

St. Catharines: 905-687-6590 or
1-866-278-8303

Niagara Falls: 905-371-8988 or
1-866-278-8303

Welland: 905-734-6387

Collections Office: 1-800-756-9477

Fort Erie: 1-866-278-8303

Public Health

Thorold (Main Office):

905-688-3762 or 1-800-263-7248

Niagara Falls Satellite:

905-356-1538

Welland Satellite: 905-735-5697

Fort Erie Satellite: 905-871-6513

**Confidential Health Information -
The Health Connection Line:**
905-688-8248 or 1-888-505-6074

Child Car Seat Line: ext. 7362

• car seat safety, troubleshooting

Dental Health Line: ext. 7201

• dental programs and services

Immunization Reporting:

ext. 7459

• for reporting child's immunization(s)

Parent Talk Info Line: ext. 7555

• Information on pregnancy, parenting, breastfeeding, post-partum depression, and Ontario Early Years Centres

Tobacco Hotline: ext. 7393

• health risks; ways to quit; laws

Travel Health Niagara: ext. 7383

• Travel safety and Health Clinic info

St. Catharines Sexual Health

Centre: 905-688-3817 or

1-800-263-5757

Niagara Falls Sexual Health

Centre: 905-358-3636

Welland Sexual Health

Centre: 905-734-1014

Fort Erie Sexual Health

Centre: 905-871-5320

Children's Services

St. Catharines Regional Child Care

Centre: 905-684-9927

Welland Regional Child Care

Centre: 905-735-2665

Port Colborne Regional Child Care
Centre: 905-835-2394

**Branscombe Early Learning &
Family Centre, Niagara Falls:**
905-356-7677

Fort Erie Regional Child Care
Centre: 905-871-7706

Licensed Regional Home Child
Care: 905-984-6900 or
1-800-263-7215 ext. 3894

Child Care and Special Needs:

905-984-3750 or

1-800-263-7215 ext. 3897

• Information on eligibility for financial supports and services

Recreation/Cultural Activities:

(ProKids) 905-984-3750 or

1-800-263-7215 ext. 3897

Social Assistance

General Application/Inquiries:
905-641-9230 or 1-866-627-1110

St. Catharines:

905-641-9960

Niagara Falls/Fort Erie:

905-354-3561

Welland/Port Colborne:

905-734-7975

Seniors Services

Seniors Community Programs:
905-984-2621

- information on services for seniors living in the community (adult day service, client intervention and assistance, supportive housing, respite services, caregiver education)

Long-Term Care Homes:

905-984-6900 ext. 3806

- information on long-term care homes operated by Niagara Region

Community Care Access Centre

(CCAC): 905-684-9441

- information on admission to long-term care homes

Other Inquiries

Niagara Region Information:
905-685-1571 or 1-800-263-7215
or email: info@niagaregion.ca

After Hours: 905-984-3690 or

1-877-552-5579

Teletypewriter for hearing
impaired (TTY): 905-984-3613 or
1-866-913-3444

Office Hours: Monday to Friday
8:30 a.m. to 4:30 p.m.

www.niagaregion.ca



CNIB is Canada's primary source of support, information, and most importantly, hope for all Canadians affected by vision loss. As a nation wide community-based registered charity, we provide the services and support necessary to enjoy a good quality of life. To find out how you can support us or become part of our CNIB volunteer family. To find out more visit cnib.ca or call 1-800-563-2642



RED ROOF RETREAT
Red Roof Retreat provides programs for children and youth with

special needs in the Niagara Region. Programs include weekend respite program, horseback riding, summer camp, Teen Night or Saturday Day program. To enroll your child, visit www.redroofretreat.com for application forms. To volunteer, call our office at 905-684-

0235. Volunteer opportunities exist for students and community members.

SOCIAL, EDUCATIONAL AND CULTURAL PROGRAMS

AMNESTY INTERNATIONAL - GROUP 137

Amnesty International is a world-wide human rights organization. Local group 137 meets on the third Tuesday of the

month in St. Marks' Parish Hall at 7:00 PM Please check the Niagara Advance for temporary change of venue. We write to governments urging them to prevent and/or correct human rights abuses in their jurisdictions. Each meeting includes updating of pertinent data with a speaker, video or report. Public is always welcome. Amnesty International Festival for Freedom will be held late fall at the Royal George Theatre. For tickets and/or information call Gail at 905-468-5751 or Martha 905-468-0481



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BETA SIGMA PHI

Beta Sigma Phi is an international cultural and social non-profit organization for women. Members expand their horizons through rewarding friendships, enriching programs, enjoyable socials and service to the community. For further information contact Luba Fraser (Xi Eta Chi Chapter) at 905-468-4510 or Joan Grosso (Mu Pi Chapter) 905-468-0012.

CHARLES DICKENS READING GROUP

If you enjoy reading, discussing, and enacting the novels of Charles Dickens, then we would like you to join us. We meet on the second Tuesday of each month, September to May from 7:00 to 9:00 PM. in the Parish Hall of St. Mark's Anglican Church, 41 Byron St., NOTL. We enjoy one Dickens novel per year. We also celebrate Dickens with readings and enactments. During the Christmas season we have a feast with a Dickensian theme and we stage similar festivities throughout the year. We belong to the International Dickens Fellowship and Dickensians from around Canada and the world visit us as do our members visit them. For 2009-2010, we are reading "Our Mutual Friend", published in 1864-1865. If you would like further information about joining our group, then please call Ed Moritz at 905-468-9084 or Dorothy Abbey at 905-938-8537.

**COMMUNITY SUPPORT SERVICES OF NIAGARA**

is a non-profit volunteer driven organization that provides services to seniors that allows them to live in their own homes and maintain their independence. CSSN offers a wide

range of programs that assist both seniors and adults with disabilities to live independently in their own homes. **VOLUNTEER VISITING:** Volunteers make regular visits with a senior in their homes. The time spent together is dedicated to mutually enjoyable activities such as talking over coffee, playing games, watching movies, walking and so much more (no charge). **PHONE CHAT:** Caring volunteers telephone clients on a regular basis to socialize with them and check on their well-being while at the same time, brightening their day (no charge). **SAFETY AT HOME:** CSSN staff provides a free home assessment, and recommendations to help remain safe in their home by preventing falls. **LUNCH OUT:** Clients meet locally for a meal with friends and then enjoy an activity afterwards. Transportation can be arranged if required. **ASSISTED SHOPPING:** Volunteers accompany clients on enjoyable, personal, pre-arranged shopping trips, tours/events and lunch. **HOME MAINTENANCE:** CSSN keeps an active list of brokered workers who can perform yard work, snow removal and minor repairs for a reasonable fee. **HOMEMAKING:** This

program offers clients regular housekeeping, laundry service, shopping, etc. for a reasonable fee. **MEALS ON WHEELS:** Seniors can order a hot or frozen meal and have it delivered to his/her home on the days of choice Monday to Friday around the noon hour. Special diets are available on request. **TRANSPORTATION:** Volunteer drivers provide transportation to medical appointments, grocery shopping and banking. A reasonable fee is charged for this service. We welcome volunteers to assist in many of these programs. For more information, please contact Laura Dumas at 905-682-3800 or ldumas@cssn.on.ca



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Garden of Hope
Fundraising Tea*

NIAGARA-ON-THE-LAKE**"DAFFODIL GARDEN OF HOPE PROJECTS"**

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 - NOTL HOSPITAL'S Front Lawn: (over 4000 bulbs planted Fall 2006)
 - LOWERY PARK, York Rd, St. Davids: (over 4000 bulbs planted Fall 2007)
 - FIREHALL, Hwy 55, Anderson Lane (planted 2007)
 - QUEENSTON FIREHALL, The Parkway (over 4000 bulbs planted Fall 2008)
 - VIRGIL SPORTS PARK - (over 4000 bulbs planted Fall 2009)
- DAFFODIL SHOW-OFF:** Share your best daffodil blooms at the Virgil Site Ribbon Cutting event this spring. Any shape, size, or colour welcomed. We have containers ready for your blooms.
- For dates on upcoming site activities, celebrations and plantings, see notices in the Advance, Town Crier and local info boards, (it all depends on the weather!!)

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"The daffodil team" looks forward to seeing you in the NOTL Gardens, enjoying a "host of golden daffodils" Don't forget your camera.

YOUR DONATIONS TAKING ROOT. Each daffodil is planted as a tribute to those in our community who have been touched by cancer or in memory of those no longer with us. Each of these blooms represents one dollar, donated by individuals, local organizations, businesses and visitors, in support of the Niagara On The Lake Branch of The Canadian Cancer Society and to ensure we have place of beauty that remains in our community for all to visit and enjoy year after year. We always need help in our endeavors to develop other Daffodil Gardens of Hope in our various NOTL communities. For further information on how you can participate in, suggest a site, or give support to a Daffodil Garden of Hope, please call Sheila Hirsch-Kalm 905-262-0930 or Jean Cochrane 905-468-2477.

ELDERCARE SOCIAL CLUB

ELDERCARE by design is launching a brand new Senior Social Club for NOTL. This is a call to all seniors in the area, come on out and enjoy an afternoon with friends old and new. Featuring special guest speakers on living healthy, living independently and living life to the fullest. We will even include topics on travel! Our monthly

get togethers will take place in the NOTL Community Centre or other local locations of interest. To join us, visit www.eldercarebydesign.ca for information on upcoming Social Club events or call 905-468-9305. Transportation to monthly socials available, reserve your spot today! 336 Mary Street, NOTL

FARMERS' MARKET @ THE VILLAGE

Opening Saturday, May 22nd, and will be open every Saturday from 8 am to 1 pm. We are located at 111 Garrison Village Drive beside Shoppers Drug Mart and DeLuca's Wine Country Restaurant in The Village Centre. We offer fresh seasonal produce from local farmers/growers, as well as fresh cut flowers, freshly brewed coffee and baked pastries, and other exceptional locally produced goods.

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FRIENDS OF FORT GEORGE



The Friends of Fort George is a not-for-profit cooperating association, working in partnership with Parks Canada for the protection, preservation, development and interpretation of the past military significance and the historical resources of Niagara National Historic Sites. Our programs include the sponsorship of student summer employment, funded through special events

throughout the year and the operation of our on-site book/gift shop at Fort George and Brock's Monument. Membership includes at 15% discount at our shop; advance notification of our special events and newsletters. Our shop is open daily until October 31 and by appointment thereafter. Ghost tours take place on Sundays in May and June @ 8:30 & in September @ 7:30, as well as ghost tours on Monday, Wednesday, Thursday and Sunday evenings @ 8:30 in June and July. Halloween ghost tour tickets go on sale July 2nd and must be purchased in advance by calling 905-468-6621. The 2010 special events include Canada Day Celebrations; Echoes of Niagara's Past (July 17-18); Loyalists & The American Revolution (July 31-August 1); and Fife & Drum Muster (August 14-15). We also offer programming at Brock's Monument daily from May to September. For information about hours of operation and confirmation regarding special events contact Fort George at 905-468-6614 or Erika Alexander at the Friends of Fort George Gift Shop at 905-468-6621 or visit www.friendsoffortgeorge.ca

FRIENDS OF ONE MILE CREEK



One Mile Creek is the stream that meanders through Old Town NOTL and empties into Lake Ontario at Lansdowne Pond.

Friends of One Mile Creek is an organization of local residents working towards the restoration and revitalization of the water, wild life and natural environment of the Creek. Activities include supporting the implementation of the

Watershed Plan for the One Mile Creek, Earth Day and Fall clean-up days, participating in riparian plantings, and education. Meetings are held quarterly at the NOTL Public Library and open to the general public. For more information please visit: www.friendsofthemilecreek.org.

INFORMATION NIAGARA CONNECTING PEOPLE AND SERVICE

Dial 211 for free information about community, social, health and related government services. 211 is an easy to remember phone number, available 24-hours a day. You speak directly to trained staff; no phone menus or buttons. Call 211 or go on line www.informationniagara.com.

IODE

Newark Chapter IODE was founded in NOTL in June 1918 and is the local chapter of a National Volunteer Women's Service organization and works for our community, Canada and the world in education, services, and citizenship. It is open for membership to all Canadian women with the love of country and concern for others. For information please contact Bev Wiebe at 905-468-4371. New members welcome.

12TH ANNUAL KINSMEN CAR SHOW

AUGUST 8, 2010

Come join the Niagara-on-the-Lake Kinsmen at their 12th Annual Shine and Show Car Show August 8, 2010. Held at the historic War of 1812 Barracks and Commons, the National and Historic Parks setting has become the premiere summer car show of the Niagara Peninsula. Auto enthusiasts can walk among almost 500 vintage cars and visit with car owners who are always willing to share their car's unique history. This year will also feature the Lincoln and Welland Regiment showing off their various WWII military jeeps, armoured personnel carriers and a tank. To compliment the viewing, the NOTL Kinsmen operate a day long BBQ food service and outdoor wine/beer gardens. Raffles, draws, door prizes and an on-site music DJ add to the events festive spirit! A Kinsmen Club fund raising event, the majority of the proceeds raised are donated to local organizations and programs. The Kinsmen National Charity, Cystic Fibrosis also benefits from funds raised.

LAURA SECOND HOMESTEAD 29 QUEENSTON STREET, QUEENSTON

Visit the home of Laura Secord, heroine of the War of 1812. From her home in Queenston village, Laura set out on a 32 km. (20 mile) walk through the American lines and over wild and unsettled country to warn the British forces of an impending attack at Beavertams. Today, costumed interpreters thrill you with tales of her adventure as they guide you through



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this lovingly restored homestead, complete with authentic furnishings of the 1812 period. This tranquil location also offers ice cream and refreshments for your enjoyment. Open May through Thanksgiving. For more details, please visit www.niagaraparks.com

MACKENZIE PRINTERY & NEWSPAPER MUSEUM 1 QUEENSTON STREET, QUEENSTON

Canada's only operating printing museum is located in historic Queenston in the restored home and printing shop of William Lyon Mackenzie, where he published his rebel newspaper, The Colonial Advocate in 1824. Operated by The Niagara Parks Commission in association with the volunteer Mackenzie Printery Committee, attendants provide detailed information regarding the working presses and Canada's oldest press. Queenston is midway between Niagara-on-the-Lake and Niagara Falls along the scenic Niagara River Parkway route. Open May through Labour Day. For more details, please visit www.niagaraparks.com.

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NEWCOMERS' CLUB OF NIAGARA-ON-THE-LAKE

The Newcomers' Club is a non-profit women's organization whose members have relocated to Niagara-on-the-Lake within the past three years. With more than 250 members, including Alumnae, the Club provides social opportunities for members to make new friends and to familiarize and integrate them with their new community. Newcomers usually meet on the 3rd Wednesday afternoon of the month from September to June. Club members can also join various interest groups such as bridge, Mah Jongg, Scrabble, golf, gardening, etc. Please call Diane Short at 905-468-8146 for membership enquiries or Marlene Walther, President, at 905-468-3605 for general inquiries. Please check out the website at www.notlnewcomers.com for more information about our Club.

NIAGARA-ON-THE-LAKE AMATEUR VINTNERS

Do you make wine at home? Would you like to learn to make wine which can be as good as commercial? This Club may be for you. We meet the evening of the last Monday of each month - September to June. We taste each other's wines



*Niagara-on-the-Lake
Horticultural Society*



McFarland House

in order to evaluate and assist us in developing our technique. We also taste commercial wines to learn about different growing areas and to better understand what we are aiming to achieve. We are affiliated with the Amateur Winemakers of Ontario and participate in their annual conference each June. For further information contact Cate Mee at 905-262-5298 or Alan Johnson 905-468-8972.

NIAGARA-ON-THE-LAKE WAR OF 1812 BICENTENNIAL COMMITTEE

The Bicentennial Committee is a committee of Council formed in 2007. In recognition of Niagara-on-the-Lake's pivotal role in the events of the War of 1812-14, the Citizens' Committee will undertake to co-ordinate the delivery of experiences that provide a positive interaction between visitors and residents and the cultural, natural and historic sites of Niagara-on-the-Lake as they relate to Bicentennial observances. It is the Committee's long-term goal to provide a lasting legacy and long-term public benefit leading to protection of the natural and cultural resources associated with the War of 1812. The committee welcomes volunteers to serve on its working group subcommittees dealing with Communications, Events Co-ordination, Finance, Volunteers, Research & Education and Legacy. For further information on the bicentennial celebrations or volunteer opportunities please contact the Heritage Planner at the Town of Niagara-on-the-Lake, 905-468-3266 ext.245, lwallace@notl.org.

NIAGARA-ON-THE-LAKE BRANCH OF THE CANADIAN CANCER SOCIETY

The Canadian Cancer Society, NOTL Branch, is actively involved in raising funds to support cancer research and assist those in our community with this disease. Volunteers are needed for the Daffodil Sale, the April Campaign and the Golf for a Cure Event. If you are interested in being a volunteer to help this important cause, please contact Susan Weaver at 905-468-2928 or Barbara McCarthy at 905-468-3692.

NIAGARA-ON-THE-LAKE HORTICULTURAL SOCIETY

New to gardening? Come learn from our experienced guest speakers or share your knowledge and tips with fellow gardeners. New members & visitors welcome! Meetings: 4th Tuesday from January to May & September to

November.

Meetings are usually held at the Community Centre, 29 Platoff Street or at local greenhouses. Info posted in local newspapers. Time 6:30 p.m. (unless otherwise noted).

Tues. Jan. 26th – Theresa Forte, Garden Columnist. Topic: 2010 GARDEN TRENDS.

Bringing the farm home/Less work, lots of colour/Containers/Hot plants/ Garden Travel/Tree houses

Tues. Feb. 23rd – Linda Crago, Tree & Twig Vegetable Farm Topic: Heirloom Veggies & Organic Gardening.

Tues. March 23rd – Pathways to Perennials Inc. - Lorraine Mennen Topic: Eco Gardening - Stunning Shade Collections - Low Maintenance shade collections to promote a healthy bio-diversity.

Tues. April 27th – Behind the scenes of the Butterfly Conservatory & the Botanical Gardens.

Tues. May 25th – "Tips & Tricks for Gardeners" by Jim Mabee TOPIC: Tips & Tricks - Tropical tips, houseplants, garden tips for peonies, lilies and more.

June – September – Garden of the

Week Contest – Nominate your favourite garden.

June – August – Member Garden Stroll – Members are invited to stroll through other members' gardens.

Sat. July 10th 2010 – Niagara-on-the-Lake Horticultural Society 19th Annual Garden Tour, contact Anne Beedles, Garden Tour Director 905-262-5185. www.nothortsociety.com. Email: notlhortociety@gmail.com, Shirley Madsen 905-468-2325 or Marion Boon 289-868-9168

NIAGARA HISTORICAL SOCIETY & MUSEUM

The Niagara Historical Society & Museum is dedicated to the ongoing preservation of the unique history of Niagara-on-the-Lake. Through lectures, publications, and exhibitions the Society provides a wide variety of programmes to introduce the community to our shared experiences within a global context.

The Museum accommodates over 40,000 artefacts and archives, preserv-



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ing Canadian history and heritage for the community and visitors alike. The collection was founded in 1897 and contains some of the most important examples of early Canadian history in the province.

A visit to the museum will allow you to see Our Story, the permanent exhibition chronicling life in Niagara-on-the-Lake over the past 10,000 years, exploring our unique history and the Museum's unparalleled collection. See history through the eyes of those who came before us.

Our temporary exhibition schedule includes, The Forgotten Years, on display until April 15, 2010. Discover the artists living in Niagara-on-the-Lake from 1929-1973. May 1st, we will launch Village Life an exhibition focusing on life in Virgil, St. Davids and Queenston.

The Niagara Historical Society Museum is located on Castlereagh Street in the Old Town. The Museum is open most days throughout the year. Its gift shop contains many local history publications for those interested in further exploring the history of Niagara. Call 905-468-3912 or visit www.niagarahistorical.museum for information.



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Mailing Address

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Hours: Tuesday – Friday: 10:00 AM to 9:00 PM,

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movie and educational DVDs and videos, audio-books on CD and on cassette, e-books, music CDs, CD-ROMs for kids, microfilm, reference works, employment/career resources. The M.F. Jones Room houses the Janet Carnochan collection – an extensive and unique local history collection.

Services: Membership includes borrowing privileges, interlibrary loans, 9 workstations for Internet access, wireless access, fax, photocopier, library tours, lectures, informal history talks, workshops and special events.

Website: www.notlpubliclibrary.org – Contains current information on library activities. Members can request or renew books from home via the library website with their library cards.

Programs for the Whole Family:

Regular Children's programs for all ages are offered, weekly and monthly. Class visits welcomed. Adult programs include computer courses such as Introduction to computers; Internet searching. Author readings/special events. Please call 905-468-2023 or visit the library website for details.

Facilities and Equipment for Rent:

Rotary Program Room holds 50 people auditorium style. Computer Lab with 12 workstations (XP and Office available). Rooms are available for community members to rent for a fee (non-profit or for-profit). Equipment available for rent includes: overhead projector, screen. Please call the library for details.



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"Where People, Creativity and the Arts Meet" is a community-based facility providing teaching and exhibitions in all the arts. New spring 2010 schedule for lessons starts April 12 2010. Adult day and evening classes with great



Niagara Pumphouse Visual Art Centre

instructors in all mediums, opportunities for adult life drawing, oil, acrylics, pastels, water colour, mixed media, sculpture and clay. Classes are also offered in a range of crafts including Jewelry Making and Design and Rug-braiding. Weekend workshops in art and crafts. Art classes for children and youth are available Saturday morning from 10am -noon. Children are encouraged to try various mediums while learning about artists and their works. March Break Art Camp: 1-3pm Monthly exhibits of selected instructors, students, members, and other groups on the first Sunday of every month. Special events throughout the year: Annual "Pumphouse Garage Sale" Saturday May 29th; "Summer Soiree" July; and "Art by the Lighthouse" Saturday, July 31 and Sunday August 1. Interesting volunteer opportunities for great jobs with good friends. Hours: Daily during June, July and August, 1pm-4pm. Other months, Saturday and Sundays, 1pm-4pm. For details: visit 247 Ricardo Street (near the yacht club)

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Make new friends, ensure a monthly fun night out and enjoy the atmosphere in the main hall of the Court House in the Old Town. The Niagara Supper Club is a highly-successful community-based, non-profit social club. There are 7 monthly dinner dances scheduled from October through April including 2 formal balls where black tie is optional. We have live bands playing music mainly from the 50's - 80's, wonderful affordable dinners provided by local caterers and very reasonable bar costs. For more information please call Eric or Lillian Forsyth at 905-468-1081 or visit our website at <http://www.niagarasupperclub.com>

PARKS CANADA NIAGARA NATIONAL HISTORIC SITES

National Historic Sites is responsible for the protection and presentation of numerous historic sites in the Niagara Region including Fort George, Navy Hall, Brock's Monument, Fort Mississauga, Butler's Barracks, and the Commons. For information on programmes at Fort George, special events, the fife and drum corps, volunteer

*Riverbrink Art Museum*

opportunities and history in general contact 905-468-4257, visitor centre 905-468-6614, FAX 905-468-6619, email: ont-niagara@pc.gc.ca

**QUEENSTON COMMUNITY LIBRARY
32 QUEENSTON STREET**

Come and enjoy coffee with us at the Library in the Old Baptist Church every Tuesday 1:00 PM to 4:00 PM. Browse through our collection of fiction, facts and fancy and pick up your reading for the week. For information

call 905-262-5173 during library hours.

**RIVERBRINK ART MUSEUM
116 QUEENSTON STREET,
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Located in the village of Queenston, RiverBrink Art Museum is home to a unique collection of historic Canadian and International paintings, drawings, prints, sculpture, books and decorative art assembled by Samuel E. Weir, Q.C. (1898-1981). Displays change annually to include different works from the collection, as well as recent acquisitions and loans. 2010 exhibitions: Canadian Landscapes from the Hallmark Canada Collection, Augustus John in the RiverBrink Collection, Tarrapin Tower, Group of Seven from our Collection and Marc-Aurèle de Foy Suzor-Côté. On the Parkway, midway between Niagara Falls and NOTL, RiverBrink Art Museum is open from Victoria Day weekend to Canadian Thanksgiving. Hours: 10 am - 5 pm daily. www.riverbrink.org or 905-262-4510 for information.

ST. ANDREWS SOCIETY OF NIAGARA

A letter from Newark in 1792 stated that the Scots are pretty numerous and a St. Andrew's Society met here as early as 1817. The present organization formed in 1963 as the Albainn Society, using the ancient name for Scotland, the current name was adopted in 2007. Its aim is to foster an appreciation of the Scottish contribution to Canadian culture. Our events are open to all, a ceilidh in October, a Ball in November, a New Year's (Hogmanay) Party, and a dinner in January honouring the memory of the great poet Robert Burns. Contact Cliff James 905-468-5247.

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Come out and enjoy a great family day at St. Mark's Annual Cherry Festival Saturday, July 3, 2010 - 9 AM to 3 PM. We have cherry pies, cherry floats, cherry jam, fresh cherries, lunch at the BBQ Pit - shop at the various booths - jewelry, baking, books, garage sale, Sunday best resale clothing boutique, the treasure room, children's corner, and a fabulous silent auction.

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The International Order of the Companions of the Quaich, Niagara on the Lake Chapter is held at the Old Winery Restaurant five times a year. A three course sit down dinner plus three single malt scotches not readily available from the LCBO is served for \$70.00 per non-Quaich member including gratuities and taxes.

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Saturday 9 a.m. to noon
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Important Phone Numbers:

NOTL Family Health Team: 905-468-2177

Niagara Medical Centre: 905-468-3275

NOTL Primary Health Care Clinic: ... 905-468-9189

After Hours Telehealth Advisory: ... 1-866-553-7205

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TERRY FOX RUN

The Terry Fox Run is on Sunday Sept.12 in Simcoe park from 11:00 AM - 2:00 PM. A barbecue and entertainment will follow in the park. For information contact Joan King 905-262-5898 or Yvonne Grecco 905-468-3055.

**THE SHAW GUILD**

Over four hundred Shaw Guild members support the Shaw Festival through their volunteer efforts. These men and women offer their time, their expertise and their talents to help the theatre in various ways; for example, they greet patrons at all three theatres, help with the Festival Theatre gardens, and assist Shaw personnel with the Festival's outreach programs. In addition, members enjoy many exclusive educational and social events, organized in co-operation with The Shaw Festival. New members are always welcome. For membership information, and details on our activities, pick up a brochure at the NOTL

Library, or visit the Shaw Guild's website at www.shawguild.ca

VIRGIL WOMEN'S INSTITUTE

The Virgil Women's Institute is a Branch of the Federated Women's Institute (FWIO). We are part of a world wide membership with over 9 million members and recognized by the United Nations as the largest organization for and about women. Our motto is "For Home and Country" and our manifest is "Personal Growth Through Education and Community Action". The FWIO was formed on February 17 1897 with the Virgil branch being founded in 1916. We meet in various members homes on the third Tuesday afternoon of the month. We learn about our community, support scholarships and all kinds of school programmes, donate books to all local libraries, keep histories of the areas we live in, help to build sporting facilities as needed, press all levels of government for good fair laws, have interesting speakers each month, advocated for women's and people's issues locally, anywhere within Canada and around the world, learn new skills and are

active participants in our community. We interact with other groups and Branches to form many lasting friendships with people of all ages. Through fundraising activities, such as winter Euchre parties, we are able to continue our work here. We welcome all women to come out and learn more about us and to take part in the fun and friendship of being part of our organization. For information call Lena Byl 905-682-5979.



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Willowbank is open for tours May through August, and by appointment from September through April. Through Friends of Willowbank, members can become involved in Willowbank's rich and varied activities. Volunteers help plan and organize

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events, participate in site activities such as archaeology and landscape restoration, and contribute in other ways related to each person's interest and talents. To learn more about membership in Friends of Willowbank, Fall/Winter Lecture Series or Willowbank's academic programs visit: www.willowbank.ca. Contact Info: 14487 Niagara Parkway, P.O. Box 212, Queenston. 905-262-1239. Email: willowbank@willowbank.ca

NIAGARA-ON-THE-LAKE COMMUNITY POLICING

In an effort to make Niagara-on-the-Lake, a better, safer community in which to live, the Niagara-on-the-Lake Community Policing Committee provides a formal structure for liaison between citizens, business, town and police to reduce crime, educate the public and promote safety. Members represent the Niagara Regional Police, Niagara Parks Police, a town councillor, a rep from the Parks & Recreation Department and ten citizens representing each of Queenston, Glendale, Virgil, Niagara-On-the-lake and St. Davids. Meetings are held on the third Monday of the month, except July and August at the Virgil Arena at 3:00 PM. The public is welcome to attend. Presently, the committee organizes a bike safety rodeo in May for offshore and migrant farm workers, a drug awareness program for elementary schools, a youth program for children ages 10-15 through the Boys and Girls Club at Parliament Oak School, Neighborhood Watch Programmes, and a 911 Day involving all emergency services at Oaks Park in Niagara Falls in June. We are presently working on a plan to reduce vandalism in the Virgil Dam area as well as a graffiti awareness program. Any suggestions, comments or concerns, not of an emergency nature, may be directed to the chair, presently Martin Mazza, by telephoning the Community Policing Office at 905-688-4111 ext. 2228. We will contact you only if you provide us with a means of contact. However, if it is an emergency or urgent matter please contact the Niagara Regional Police at either 905-688-4111 ext. 2262 or dial 911.



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Alcoholics Anonymous Lake Group.....	905-682-2140	
Amnesty International.....	905-468-0481.....	Martha Cisneros
Carpet Bowling.....	905-468-3904.....	Gerry Rive
Chautauqua Residents Association.....	905- 468- 2669.....	Buddy Andres
Community Policing.....	905-688-4111 ext. 2228	
Community Support Services.....	905-682-3800	
Figure Skating Club.....	905-468-7465	
	or 905-934-6647.....	Cathy van der Zalm
Friends of Fort George.....	905-468-768.....	Erika Alexander
Friends of Willowbank.....	905-468-4777.....	Liz Ikonikov

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NOTL Horticultural Society	905-468-2325	Shirley Madsen
Kinsmen Club, N.O.T.L.	905-262-4008	Ed Froese
Lacrosse, Minor.....	905-938-0093	Kathy Weier
Legion, Royal Canadian	905-468-2353	Office
Lioness, St. Davids & District.....	905-262-4341	Sandy Tee
Lions Club, Niagara.....	905-682-3005	John Skubel
Lions Club, St. Davids & District.....	905-468-9671	Al Snider
Meals on Wheels.....	905-356-9194	
Multiple Sclerosis Society of Canada.....	905-937-7772	
Music Niagara.....	1-800-511-7429	
Newcomers Club of N.O.T.L.....	905-468-3605	Marlene Walther
Newark Neighbours	905-468-3519	
NOTL Bed & Breakfast Association	905-468-0992	Kathy Fowler
N.O.T.L. Hospital Auxiliary.....	905-468-8531	
Niagara Historical Society Museum.....	905-468-3912	Clark Bernat
Niagara District Airport.....	905-684-7447 ext 11	Ken Moody
Niagara Nursery School	905-468-5357	
Niagara Pumphouse Visual Art Centre	905-468-5455	
Niagara Artists Studio Tour	905-468-5455	
Niagara Supper Club	905-468-1081	Eric Forsyth
Palliative Care Services.....	905-468-4433	
Printery Museum	905-262-5676	
Rotary Club, N.O.T.L.....	905-262-0582	Franco Olivieri
Rotary Club, Niagara-on-the-Lake/Lewiston.....	905-468-7452	John Shaver
Saint Saviours ACW	905-984-4291	Susan Bennett
Seniors, Golden Age Club.....	905-468-3171	Lois Cranston
Seniors, St. Davids/Queenston.....	905-262-4696	Ernie Goodyear
Shaw Festival Theatre	905-468-2153	Administration
Shaw Theatre Guild	905-468-3590	
Slo-Pitch Adult	905-680-4544	Ken McKay
Soccer, Minor	905-468-0600	Paul Tebbutt
Softball, Minor.....	289-686-5404	Office
St. Andrews Society of Niagara	905-468-5247	Cliff James
Taoist Tai Chi	905-468-1223	Bea Smith
Ulyssean Society.....	905-934-3860	Margaret Ferguson
Virgil Business Association.....	905-468-7020	Mary Snider
Virgil Womens Institute	905-682-5979	Lena Byl
Willowbank	905-262-1239	ext. 21 Carol Perrin

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Sat. Feb 20.....	Softball, Lacrosse, Soccer, Tennis Registration, Arena
March – June.....	Picturesque Landscapes" Lecture Series Willowbank
Sat. March 13	Steak Roll – Niagara Kinsmen Contact: Ed Froese
Sat. March 13- Tues March 16...	Minor Hockey Tournament
Sat. March 13	NOTL JR. Tennis Association at MCU Arena Lobby
Sun. April 18	Automotive Flea Market, M.C.U. and Centennial Arenas
Sat. April 24 & Sat. May 1	NOTL Tennis Association Registration at Memorial Park
Sat. May 8.....	Niagara United Mennonite Church Springfest
Sat. May 22 & Mon. May 24	Virgil Stampede
Sat. May 29.....	Pool Registration, Centennial Arena 9am – 11am
Sat. May 29.....	Pumphouse Garage Sale
Sun. May 30	Community Policing Bike Rodeo
Wed. June 2.....	NOTL Canadian Cancer Golf for a Cure Tournament
Sunday June 6.....	8th Annual Jazz Festival 12 – 7 pm - Willowbank
Sat. June 12	Shaw Guild Garden Tour
Sat. June 19	St. Andrew's Church Annual Strawberry Festival
Thurs. July 1.....	Canada Day Celebrations, Simcoe Park/Fort George
Sat. July 3	St. Marks Cherry Festival
Sat. July 10	Horticultural Society 19th Annual Garden Tour
Sat. July 17 – Sun July 18.....	Echoes of Niagara's Past
Sat July 17 - Sat Aug. 14.....	Music Niagara
Thurs. July 22 - Sat. July 24	St. Davids & District Lions Family Carnival
Sat. July 31 & Sun Aug 1	Loyalists & Redcoats at Fort George
Sat. July 31& Sun Aug 1	Pumphouse Art by the Lighthouse
Sat. Aug. 14 & Sun. Aug. 15	Fife & Drum Muster & Soldiers' Field Day
Sat. Sept 4.....	Festival Market at Grace United Church
Sun. Sept 12	Terry Fox Run
Thurs. Oct. 7	12th Annual Golf Classic, Whirlpool Golf Course
Sat. Dec 11	Christmas Parade



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Email: notlbahais@sympatico.ca

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E-mail: bethany@vaxxine.com,
Website: www.vaxxine.com/bethany/

CHRIST CHURCH, MCNAB
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Eucharist, Office 905-684-0005
Rev. Dorothy Hewlett

CORNERSTONE COMMUNITY CHURCH
Hwy. 55 at Field Road; Virgil
Phone: 905-468-7155; Fax: 905-468-7532
Ed Heinrichs, Pastor;
Doug Hiebert, Associate Pastor
9:30 am: 1st Service & Sunday School
10:30 am: Coffee Time; 11:00 am: 2nd Service
July & August Services: 10:00 am
Email: admin@ccchurch.ca
Website: www.ccchurch.ca

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Rev. Paul Shobridge, 905-262-5227
email: pshobridge@cogeco.ca

GRACE UNITED CHURCH
222 Victoria Street, NOTL
Sunday Service: 10:30 a.m.
(includes children's program)
Rev. David Pritchard

Phone: 905-468-4044
(office hours Tues. & Thurs. 9-12)
Minister's E-mail:
revdave@graceunitedchurch.com
Church E-mail: mail@graceunitedchurch.com
Website: www.graceunitedchurch.com

LIFE ABUNDANT FELLOWSHIP
Sunday 10:00 AM; Pastor Rick Mills
Concession 7 & Queenston Road.
Phone: 905-688-3958
lifeabundantfellowship@gmail.com

**NIAGARA UNITED MENNONITE
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Hwy. 55 near East/West Line, NOTL
For worship times, Sunday School & other
events, please refer to our website:
www.redbrickchurch.ca
Rudy Dirks, Pastor
905-468 3313, E-mail: office@redbrickchurch.ca

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July & August Services: 10:00 a.m.
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Family Life Pastor
Phone: 905-468 5731
E-mail: info@orchardparkbiblechurch.org
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Email: hnnk5@cogeco.ca

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On behalf of the I.B. team for N.D.S.S., I want to thank all our residents who attempted to bring a new higher level of education to our already excellent high school, keeping N.D.S.S. open. The IB Team, working with the Principal and staff of NDSS, gained acceptance of our school from IBO. org, sent 10 teachers for training in the IB method and improved the spirits of the staff and students along the way.

With your help we also found forty homes willing to billet international students in Niagara. Thanks to you N.D.S.S. was a few short months from

becoming an IB school ready to teach the children of Niagara on the Lake. Our school has not been certified but we can remain steadfast knowing that we did everything we could to help N.D.S.S. succeed.

All of our effort was paid for through community fundraising and you, not through the School Board or Municipal taxes.

Once again, thank you so much for helping.

Kindest regards
Jim Collard, I.B. Chair
Councillor





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Niagara-on-the-Lake Hospital.....	905-468-4284	
Ambulance Service.....	905-688-2191	
Lord Mayor Gary Burroughs	905-468-3568	
Regional Councillor Dave Lepp.....	905-468-2980	
M.P.P. Kim Craitor.....	905-357-0681	
M.P. Rob Nicholson.....	905-353-9590	
Municipal Offices 8:30 AM to 4:30 PM (www.notl.org)		
Treasury, Clerks, Fire Chief, Planning & Building Depts.	905-468-3266	
Works Department & Water Department.....	905-468-3278	
Recreation Department & Arenas.....	905-468-4261	
Niagara Lake Shore Cemetery.....	905-468-2747	
Alzheimer Society	905-687-6856	ext 561
Cancer Society, Niagara.....	905-684-6455	ext 3150
Canine Control.....	905-658-8712	
Chamber of Commerce	905-468-4263	
Catholic Education Centre	1-905-735-0240	
CNIB (Canadian National Institute for the Blind).....	1-800-563-2642	
District School Board of Niagara.....	905-641-1550	
Family & Children's Services (FACS).....	905-937-7731	
Foster Parenting	905-937-5437	
Heart Niagara	905-358-5552	
Lincoln County Humane Society	905-682-0767	
Swimming Pool - Niagara Pool	905-468-2804	
Swimming Pool - St. Davids Pool	905-262-5120	
Niagara District Airport.....	905-684-7447	
Niagara-on-the-Lake Hydro.....	905-468-4235	
Niagara-on-the-Lake Public Library.....	905-468-2023	
Niagara Regional Health Unit.....	905-688-3762	
Niagara Regional Government.....	905-685-1571	
Osteoporosis Society - Niagara Chapter.....	905-227-9646	
Poison Control Centre.....	905-684-7271	
Pump house Visual Art Centre	905-468-5455	
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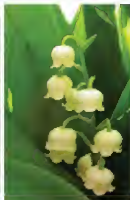
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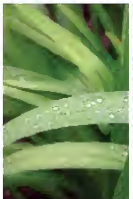
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